AMENDMENTS TO THE CLAIMS

1.   (Previously presented) A method at a mobile station of adjusting the power headroom in the mobile station, comprising:

   receiving a load indication from a base station indicative of a reverse link load;

   determining an amount by which to adjust a power headroom threshold of the mobile station, based on said load indication, wherein said power headroom threshold defines the amount of transmit power reserved at the mobile station for making data retransmissions under Automatic Repeat reQuest (ARQ) control; and

   adjusting the power headroom threshold of the mobile station according to said determined amount.

2.   (Original) The method of claim 1 wherein receiving a load indication from a base station comprises receiving the load indication in an upper layer message.

3.   (Original) The method of claim 2 wherein the upper layer message is received over a common control channel.

4.   (Original) The method of claim 1 wherein receiving a load indication from a base station comprises receiving a periodic load indication.

5.   (Previously presented) The method of claim 4 further comprising filtering the periodic load indications received over two or more periods to generate a filtered load estimate, and wherein said determining an amount by which to adjust the power headroom threshold

comprises determining the amount by which to adjust the power headroom threshold as a

function of the filtered load estimate.

6.   (Canceled)

7.   (Previously presented) The method of claim 4 further comprising calculating a load

tracking value based on two or more periodic load indications, and wherein said determining an

amount by which to adjust the power headroom threshold comprises determining the amount by

which to adjust the power headroom threshold as a function of the load tracking value.

8.   (Original) The method of claim 7 wherein calculating a load tracking value based on two

or more periodic load indications comprises calculating a weighted average of two or more

periodic load indications.

9.   (Original) The method of claim 7 wherein calculating a load tracking value based on two

or more periodic load indications comprises calculating a running average of two or more

periodic load indications over a sliding time window.

10.   (Original) The method of claim 7 wherein calculating a load tracking value based on two

or more periodic load indications comprises evaluating a continuous load tracking function that

converts discrete periodic load indications from the base station to a continuous load tracking

value.

11.   (Canceled)

12.   (Previously presented) The method of claim 7 wherein said determining the amount by which to adjust the power headroom threshold as a function of the load tracking value comprises adjusting the power headroom threshold linearly based on changes in the load tracking value.

13.   (Currently amended) The method of claim 7 wherein said determining the amount by which to adjust the power headroom threshold as a function of the load tracking value comprises adjusting the power headroom threshold non-linearly based on changes in the load tracking value.

14.   (Previously presented) A mobile station comprising:

  a receiver for receiving a load indication from a base station, said load indication indicative of a reverse link load;

  a transmitter for transmitting signals to the base station at a variable data transmission rate dependent on the load indication; and

  a controller to determine an amount by which to adjust a power headroom threshold of the transmitter, based on said load indication, and to adjust the power headroom threshold according to said determined amount, wherein said power headroom threshold defines the amount of transmit power reserved for the transmitter for making data retransmissions under Automatic Repeat reQuest (ARQ) control.

15.   (Original) The mobile station of claim 14 wherein the power headroom threshold limits the data transmission rate of the mobile station.

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16.   (Original) The mobile station of claim 14 wherein the load indication is received from the base station in an upper layer message.

17.   (Original) The mobile station of claim 14 wherein the load indication is a periodic load indication.

18.   (Previously presented) The mobile station of claim 17 wherein the controller calculates a load tracking value based on two or more periodic load indications and wherein said determining an amount by which to adjust the power headroom threshold comprises determining the amount by which to adjust the power headroom threshold as a function of the load tracking value.

19.   (Original) The mobile station of claim 18 wherein calculating a load tracking value based on two or more periodic load indications comprises calculating a weighted average of two or more periodic load indications.

20.   (Original) The mobile station of claim 18 wherein calculating a load tracking value based on two or more periodic load indications comprises calculating a running average of two or more periodic load indications over a sliding time window.

21.   (Original) The mobile station of claim 18 wherein calculating a load tracking value based on two or more periodic load indications comprises evaluating a continuous load tracking

function that converts discrete periodic load indications from the base station to a continuous

load tracking value.

22.   (Original) The mobile station of claim 18 wherein the controller adjusts the power

headroom threshold linearly based on changes in the load tracking value.

23.   (Original) The mobile station of claim 18 wherein the controller adjusts the power

headroom threshold non-linearly based on changes in the load tracking value.

24.   (Withdrawn) A method of adjusting a power headroom threshold in a mobile station

comprising:

      counting the number of times the mobile station is power limited for a retransmission of

          a frame; and

      adjusting a power headroom threshold of the mobile station based on the count.

25.   (Withdrawn) A mobile station comprising:

      a transmitter for transmitting signals to the base station at a variable data transmission

          rate;

      a power outage counter for counting the number of times that the mobile station is

          power limited for a retransmission of a frame; and

      a controller to vary a power headroom threshold of the mobile station based on the

          count.